

How to Break a Positive Feedback Loop

- **Lower gain** – reduce amplification
Caps, rate limits
- **Add negative feedback** – counterbalance growth
Regulation, thermostats
- **Add delay** – slow reinforcement
Cooling-off periods
- **Cut the loop** – remove a causal link
Incentive removal
- **Flip after threshold** – growth turns costly
Congestion, fatigue
- **Shift regime** – move to stable zone
Threshold reset
- **Set hard limits** – absolute boundaries
Quotas, capacity caps

— ChatGPT

Clinging to and Romanticizing Despair

Sad edits and slowed songs are important phenomena on the digital social web 🌹🌹🌹💔💔💔😭😭

I propose a cause-effect relation within a closed system for I see this within a closed culture; internet culture.

Cause being negative polarized worldviews distributed on media, and effect being collective identification through shared immanent feelings.

The reaction to these news create conflict in individual minds; “reality” does not align with their mind.

Lack of agency and effect on external world prevents abatement of dissonance

This leads to an alternative means of pacifying this rift; namely changing their inner narratives to align with the perceived world. This potentially employs reality testing.

Inner narratives of despair seem to match reality, while emotional genesis of these beliefs anchor identity strongly. Peer effects further reinforces so.